

## **ABSTRACT OF THE DISCLOSURE**

A device and a corresponding method that automatically adjust the CPU work frequency are disclosed. The device uses at least one sensor to monitor the work status of a host in real time. According to the user's settings, it automatically adjusts the work  
5 frequency of the host. The device comprises at least one host sensor, a setting unit, a storage unit, a comparing unit and a frequency adjusting unit. The disclosed method first starts the host sensor(s), sets the triggering conditions for frequency adjustments, monitors the sensor(s) to detect its status values, compares the triggering conditions and the sensor status values, and immediately adjusts the work frequency according to the comparison result.